When your baby/ child has been vomiting it is important to ensure that they do not become dehydrated and need admission to hospital

If your child has been vomiting, there are a few things to try. This advice and treatment plan is also followed by the paediatric emergency department and the children’s assessment unit teams.

It is called a **FLUID CHALLENGE**.

Please see below some instructions as discussed in our call to achieve good fluid intake and therefore prevent dehydration.

The fluid recommended for this challenge is water or **dioralyte** - oral rehydration fluid readily available over the counter. If your child is under 12 months, please use cooled boiled water to make up the dioralyte solution.

Fluid at room temperature is often tolerated better than cold fluid after vomiting and it is vital to give tiny amounts and gradually increase to prevent further vomiting.

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| **Signs of dehydration can include:*** **Dry mouth**
* **Sunken eyes**
* **not passing urine/ dry nappies**
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**Fluid Challenge:**

1: Small sips every 5 mins for one hour.

2: Increase to 5mls every 5mins for one hour.

3: Introduce a small amount of simple bland food ie toast with minimal butter or digestive biscuit, for babies try a small breast/ bottle feed.

4: Increase fluids as tolerated and gradually introduce food.

Please go back to step 1 and repeat the process above if your baby/ child starts to vomit.

I will contact you in approx. 3 hours/ or the next morning to discuss how the fluid challenge has progressed. If your child is still not tolerating fluids at this point, then you will be offered a face-to-face appointment to assess hydration and plan of care.

If your follow up call is in the morning and you have increasing concerns overnight, then please contact 111 or attend The Emergency Department.

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| Alternate ways of encouraging and increasing fluids:* Ice Poles
* Ice Cream
* Jelly
* Watermelon
* Cucumber
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Rachel Smith, ACP/ RSCN

Urgent Care Team (UCT)

Beacon Medical Group.

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